

Butternut Squash with Black Beans

Rating: ★★★★★

Makes: 6 servings

Ingredients

2 3/4 cups Butternut squash, cubed (1 small squash, about 1 pound)
1 teaspoon vegetable oil
1 onion (small, chopped)
1/4 teaspoon garlic powder
1/4 cup red wine vinegar
1/4 cup water
2 cans black beans (16 ounces each, rinsed and drained)
1/2 teaspoon oregano

Directions

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	209	
Total Fat	2 g	3%
Protein	11 g	
Carbohydrates	39 g	13%
Dietary Fiber	9 g	36%
Saturated Fat	0 g	0%
Sodium	317 mg	13%

MyPlate Food Groups

Vegetables	1 1/2 cups
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heated through.

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